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THE COTTAGE HERB GARDEN:

Wherein is contained a List of all manner of thriving Plants:

HERBS *of a fragrant savour,*

offered for Sale, to provoke your content,
during the Spring, the Summer & at the Fall;

AS ALSO

A List of the Dried Herbs:

for Flavoring & for Fragrance; as well as
divers kinds of commodities for the use of a Garden;

WHEREUNTO IS ADDED

such other information as is right necessary to be known.

Washington Cathedral
Washington 16, D.C.



FALL, 1946

THE COTTAGE HERB GARDEN AND SHOP

The quaint little Cottage Herb Garden and Shop adjoin the Bishop's Garden of Washington Cathedral. The Herb Garden was designed by the late Mrs. G. C. F. Bratenahl, landscape architect of Washington Cathedral and chairman for many years of the garden committee of All Hallows Guild. The Garden and Shop were opened in 1934 for the purpose of making living plants and dried herbs available to the public. ♡ The offerings received are used solely for the maintenance of Washington Cathedral. Some of the plants are grown in the Cathedral greenhouse, and some in the Herb Garden. ♡ The Garden lies within a curving low stone wall. An ancient pavement of pie-shaped bricks leads to the door of the English Cottage (once the Temporary Baptistery) which houses the Shop. Visitors are most cordially welcomed. ♡ The hours are 9 to 6 in Summer, and 9 to 5 in Winter, except on Sundays and the great feast days of the Church. The Garden contains two unique herb gardens: one of many herbs named in the Bible, and one of herbs named in Shakespeare's plays and poems.

SHIPMENT OF PLANTS from the greenhouses can be made throughout the United States, according to Government Regulations, during Spring, Summer, and early Fall. (April through September.) Plants are inspected and passed by the U. S. Department of Agriculture before shipment. PLANTS ARE HEALTHY, WELL ROOTED, VERY CAREFULLY PACKED: BUT TRANSPORTATION CONDITIONS CANNOT BE GUARANTEED.

PLANTS ARE PRICED at 25c each, or \$2.50 a dozen, except Tarragon and Geraniums, as indicated in the following list, plus 50c for packing. The minimum order accepted for shipment is for six plants. Transportation charges are additional. Shipment by express is recommended. Seeds are 10c a packet.

When ordering Plants or Seeds please give substitute choices to save time in handling order.

HERBS FOR THE GARDEN

(PLANTS OR SEEDS)

"A little cottage plot . . . And did you not notice how ever and again you fell upon some quaint, strange plant which has been expelled from the modern border, which seemed to touch your inmost soul and to fill your mind, especially if in childhood, with a sense of wonder and mysterious awe."

AMBROSIA. *Chenopodium botrys*. Annual. Fragrant, small oak-like leaves. Used as a tea.

BALM. Lemon. *Melissa officinalis*. Perennial. Dark green lemon-scented leaves. Used in fruit salads and iced tea, and in Potpourri.

BASIL. Bush. *Ocimum minimum*. Annual. Aromatic green leaves; spicy flowers. Used in salad dressings and with cottage cheese.

BASIL. Sweet. *Ocimum basilicum*. Annual. Yellowish-green leaves; very pungent clove-like flavor. Used in tomato dishes, green salads and cooked vegetables.

BERGAMOT. Bee-balm or Oswego Tea. *Monarda didyma*. Perennial. Fragrant foliage; red flowers. Used as a beverage herb for tea or flavoring wine.

BORAGE. *Borago officinalis*. Annual. Oval leaves; blue flowers. Leaves used in salads, flowers used as a garnish. Good for bees.

BURNET. *Sanguisorba officinalis*. Perennial. Cucumber-scented leaves used in salads, soups and iced drinks.

CARAWAY. *Carum carvi*. Biennial. Carrot-like plant; white blooms. Seeds used in cakes and cookies and with cottage cheese.

CATNIP. *Nepeta catari*. Biennial. Gray-green leaves; lavender-colored flowers. Used as tea. Cats love it.

CHIVES. *Allium schoenoprasum*. Perennial. Slender tube-like leaves have delicate taste and scent of onion. Used in salads, omelets, meats and sauces.

CLARY. Sage. *Salvia sclarea*. Biennial. Large gray-green flannel-like leaves; greenish-white blooms. Leaves can be used in sachets. Used formerly to flavor wine, salads and soups.

COSTMARY. *Chrysanthemum balsamita*. Perennial. Long stalks, mint-scented leaves; yellow flowers. Dried leaves used for tea; in France for veal stuffing.

DILL. *Anethum graveolens*. Annual. Soft feathery leaves, very pungent; yellow flowers. Leaves used for flavoring meats and fish sauces; seed used for pickled cucumbers and vinegar.

FENNEL. *Foeniculum officinale*. Annual. Finely-divided thread-like leaves; yellow flowers. Leaves used to flavor soup or fish; seeds to flavor soups, spiced beets and cakes.

GERANIUM. *Pelargonium*. (Scented-leaf. Perennial. [Plants only])

ROSE. Velvet-like divided leaves which smell of roses and spice. Pink flowers.

SKELETON. Aromatic leaves intricately branched; pink flowers.

LEMON. Lemon-scented leaves; rose-tinted flowers.

IVY LEAF. Waxy star-shaped leaves.

LADY MARY. Dainty leaves with spicy scent; a free bloomer.

OAK LEAF. Rich dark green leaves. 2 varieties.

BALM. Large velvety leaves; pink blooms.

NUT-MEG. Small round gray-green leaves.

35c each

\$3.50 per
dozen

GERMANDER. *Teucrium chamaedrys*. Perennial. Pungent foliage; purple flowers. Good as edging plant.

HOREHOUND. *Marrubium vulgare*. Perennial. Woolly leaves; whitish flowers. Formerly used in candy and in syrup for coughs and colds.

- HYSSOP. *Hyssopus officinalis*. (Blue or pink.) Perennial. Dark green leaves; blue and bronze flowers. Formerly used medicinally and in perfume. Good for edging.
- LAVENDER. *Lavandula officinalis* or *Vera*. Perennial. Gray-green narrow leaves; fragrant flower spikes. Used in perfumes, sachets, and formerly in medicines.
- LOVAGE. *Levisticum officinale*. Perennial. Large dark green celery-like leaves; yellow flowers. Stalks used in salads; seed for flavoring confections.
- MARJORAM. Pot. *Origanum onites*. Perennial. Aromatic leaves; fragrant white flowers, sometimes pinkish. Used when fresh for tea, when dried for potpourri.
- MARJORAM. Sweet. *Origanum marjorana*. Annual in north, perennial in south. Small fragrant green leaves; greenish flowers. Used in perfume; also for flavoring salad, soup and meat, especially lamb.
- MINT. *Mentha*. Perennial. Used for flavoring beverages, vegetables, sauces and confections. (Plants only.)
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|--------------------------|-------------------------------|-----------------------------|
| APPLE. <i>Gentilis</i> . | PEPPERMINT. <i>Piperita</i> . | SPEARMINT. <i>Spicata</i> . |
| CURLY. <i>Crispa</i> . | PENNYROYAL. <i>Pulegium</i> . | |
- NEPETA MUSSINI. Perennial. Sturdy green leaves; masses of blue flowers. Used for edging.
- PARSLEY. *Petroselinum hortense*. Biennial or perennial. Ornamental dark green curly leaves. Used for flavor and garnishing.
- PENNYROYAL. See Mint.
- PEPPERMINT. See Mint.
- ROSEMARY. *Rosemarinus officinalis*. Perennial. Narrow, fragrant, gray-green leaves; pale blue flowers. Used for fragrance and for flavoring.
- RUE. *Ruta graveolens*. Perennial. Much-cut leaves grayish green; small yellow flowers. Bitter stinging taste; pungent odor. Used sparingly in green salads.
- SAGE. *Salvia officinalis*. Perennial. Rough, gray-green leaves; lavender-blue flowers. Used for seasoning, particularly pork and poultry. Also used for tea.
- SANTOLINA. Gray, or lavender cotton. *Santolina chamaecyparissus*. Perennial. Fragrant, silver-gray leaves resembling sea-weed; flowers like golden balls. Decorative plant, excellent for edging.
- SANTOLINA. Green. *Santolina virides*. Green, fragrant, low-growing.
- SAVORY. Summer. *Satureia hortensis*. Annual. Slender soft leaves; pale pinkish-lavender flowers. Leaves used in flavoring soups, salads, meats and vegetables, or as a garnish.

- SAVORY. Winter. *Satureia montana*. Perennial. Smooth dark green leaves; pinkish-white flowers. Used to flavor soups and meat. A legendary first aide for bee-sting.
- SKIRRET. *Sium sisarum*. Shiny green leaves; white flowers. Root used as a vegetable, rather like parsnips.
- SOUTHERNWOOD. *Artemisia abrotanum*. Perennial. Feathery silvery-green aromatic leaves. Sometimes called Old Man's or Lad's Love.
- SWEET CICELY OR MYRRH. *Myrrhis odorata*. Perennial. Fragrant fern-like leaves; small white flowers. Seeds, plant and root formerly used in cooking and medicine.
- SWEET WOODRUFF. *Asperula odorata*. Perennial. Fragrant leaves that grow in a beautiful design; small white flowers. Excellent ground-cover for a partly shady spot.
- TARRAGON. *Artemisia dracunculus*. Perennial. Pungent rich green leaves. Used for flavoring vinegar, salads and fish sauces. (40c each)
- THYME. Sturdy, aromatic little plants. Excellent for edging borders in herb or rock gardens. Leaves used for flavoring meats, vegetables, soups, sauces—also as a tea.
- ENGLISH. Broad leaf. *Thymus vulgaris*. Perennial. Dark green leaves; rosy-pink flowers.
- FRENCH. Narrow leaf. *Thymus vulgaris*. Perennial. Gray-green leaves; pinkish flowers.
- LEMON. *Thymus citriodorus*. Perennial. Tiny, dark, glossy leaves; purple flowers.
- WORMWOOD. *Artemisia absinthium*. Perennial. Silky, gray-green foliage, bitter in flavor. Used medicinally and in making absinth.

The descriptions in the herb list above have been compiled from the writings of herbal authorities whose books are included in the Cottage Herb Garden book-list.

OTHER PLANTS AVAILABLE

- ABELIA. *Caprifoliaceae*.
- BOXWOOD. *Buxus suffruticosa*. Pot-grown cuttings from historical Boxwood in the Bishop's Garden.
- FIRE THORN. *Pyracantha crataegus*.
- FUCHSIA. *F. fulgens*.
- HELIOTROPE. *Petasites fragrans*.
- IVY. *Hedera, helix*. Associated with two Cathedrals; Washington, and Canterbury in England, as the original came from Canterbury Cathedral over 30 years ago.
- MAGNOLIA GRANDIFLORA.
- SPURGE. *Pachysandra termmalis*.
- YEW. *Taxus baccata fastigiata*. Well rooted cuttings from historic Irish yew in the Bishop's Garden.

DRIED HERBS FROM THE COTTAGE

Dried herbs packed in glass jars bearing the Cottage Herb Garden label, in two sizes, at 25c and 60c. For mailing gift-assortments, compartment boxes may be obtained containing two, four or six of the 25c jars. Four 25c jars weigh about one pound, packed for mailing. Postage additional. Boxes for 6 jars, 10c each; smaller boxes, 5c each.

FOR FLAVOR: Delightful in salads, vegetables, soups and sauces, and for seasoning meats and drinks: Basil, Bay Leaf, Caraway, Coriander, Dill, Fennel, Mint, Rosemary, Saffron (Amer.), Sage, Savory, Sweet Marjoram, Tarragon, Thyme, Anise, Cardamon, Celery salt and seed, Cumin, Curry, Garlic salt, Herb Garden Mixture, Mustard, ~~Old Fashioned Herb Powder~~, Oregano, Peppercorns, Peppermint, Sesame, Smoked salt. And (most helpful to beginners in the use of herbs) special mixtures of dried herbs, specially blended and marked as follows: Soup, Omelet, Poultry Stuffing, Creole Cookery (powdered), Gumbo Filé (powdered), and Salad.

FOR TEAS: Chamomile, Horehound, Peppermint, Sassafras, Yerba Mate. In Jars 25c each.

FOR FRAGRANCE: Herbs and Flowers, dried and blended into old-fashioned potpourri, for Rose-Jars, Linen-Shelves, and Handkerchief Drawers; packed in Glass Jars, at 30c each. Sweet Lavender in Glass Jars at 25c each. These fit into the same compartment boxes mentioned above. (Boxes 5c to 10c each.)

A VARIETY OF UNUSUAL INTEREST

BIRTHDAY CARDS, greeting cards for invalids, and cards for Easter and Christmas; all carefully chosen.

HERB CHARTS for the kitchen or pantry wall, at 30c each, plus postage.

BOOKS, carefully selected, on the herb garden and on the uses of herbs; the current book list may be obtained upon request.

SHIPMENT of dried herbs and of other articles from the Cottage may be obtained by mail, on orders to the amount of \$1.00 or more. The remittance accompanying the order should include an additional amount for postage.

INQUIRIES and orders should be addressed to THE COTTAGE HERB GARDEN, WASHINGTON CATHEDRAL, WASHINGTON 16, D. C.

HOW TO USE HERBS

Herbs should add subtly to the flavor and aroma of your cooking. They should never dominate the dish.

USE SPARINGLY AT FIRST. It is easier to add than subtract. Begin with a pinch of herbs to a serving for four. Pulverize between your fingers or in palm of your hand to release the flavor. **DO NOT USE HERBS** in more than one or two dishes at the same meal.

Try them singly or in combinations.

One or two mild flavored herbs such as:

Basil	Thyme	(Called by)
Chervil	Tarragon	(the French)
Sweet Marjoram	Chives	("fine herbs.")

with one herb of stronger flavor from the following:

Pot Marjoram	Caraway
Savory	Sage
Fennell	Mint
Dill	Oregano

Use herbs—singly or combined—in Soups; Omelettes; Cottage Cheese; Herb Butter; Salad and Salad Dressings; Vegetable dishes and juices; Meats, stews, and gravies; Fish and fish sauces.



RECIPES

BOHEMIAN CLUB ONION SOUP: Slice three strong onions and cook until soft in some olive oil and a little butter. Add to either chicken broth, meat stock or water, a cup of cream or rich milk when the onions are soft (not browned), pepper and salt, some of the sweet green herbs,* finely minced, added on serving but not cooked. May be served with grated parmesan cheese.

—Helen Lyman, *10 Herbs Will Make a Kitchen Bouquet*.

*For sweet green herbs, try marjoram, savory, thyme and parsley.

OMELETTE AUX FINES HERBES: Various combinations of herbs may be used, but for the omelette the following is good: thyme, basil, summer savory, and chives. If fresh herbs are used, chop them finely and mix, adding to the omelette just before folding, or mixing them with the eggs before cooking the omelette. If dried herbs are used, soak in cream or water, drain and chop.

4 eggs slightly beaten
1 tablespoon of olive oil
½ teaspoon salt

4 tablespoons of cream
2 tablespoons of mixed herbs
⅛ teaspoon pepper

The omelette is made by slightly beating the eggs, and adding for each egg one tablespoon of cream, salt, and pepper. Cook in olive oil or melted butter.

Mix all the ingredients, put oil into a hot omelette pan, pour in the egg mixture and shake the pan slightly during cooking. Fold, and serve immediately.

The French or Spanish omelette is never brown.

—Miss Shapleigh's recipe adapted from the French, *Gardening with Herbs*, Fox.

ROAST LEG OF LAMB, A LA ROSEMARY: Prepare leg of lamb as usual, making small slit in the stout part. Place a small spray of rosemary (or 1 teaspoonful, if dried) in the slit, and sew. Baste with olive oil.

ROSEMARY BISCUIT: Two cups of bread flour, into which are cut $\frac{1}{3}$ cup shortening and $\frac{1}{4}$ cup finely chopped rosemary leaves. If the dried herb is used, the leaves must be soaked in hot milk till soft. Add 1 cup milk, 3 teaspoons baking powder, salt, and $\frac{1}{3}$ cup sugar. Roll lightly, cut in blocks, and bake carefully. These should be browned, but not hard.

—H. N. Webster, *Herbs—How to Grow Them and How to Use Them*.

SUMMER HERB SALAD: Sprinkle lettuce leaves lightly with minced fresh marjoram, fennel and summer savory. Add French dressing with which a trifling portion of prepared mustard has been mixed.

TARRAGON VINEGAR (for salads): Fresh or dried leaves of tarragon, 2 oz., vinegar—good wine vinegar, 1 qt. Heat the vinegar and pour over the leaves and let it stand 12 hours *only*. Strain off and bottle.

—Mary O. Dennis, *What to Do with Herbs*.

HERB COTTAGE FRUIT CUP: To one large can of fruit cocktail add: 1 diced apple, 1 sliced banana, grated rind and juice of 1 lemon, 1 teaspoon finely chopped mint or lemon-balm leaves. Chill together.

CARDAMON COOKIES (delicious with herb tea):

$\frac{1}{2}$ cup butter

1 cup sugar

2 eggs

Flour enough to make a dough to roll out

1 tablespoonful finely crushed cardamon seed

Grated rind of 1 lemon

1 teaspoonful soda dissolved in $\frac{1}{4}$ cup hot water

Cream butter and sugar, add crushed cardamon seed, eggs well beaten, and flour; roll thin, cut into shapes; bake at 375 degrees until lightly brown. To prepare cardamon seeds, remove outer shell and crush with rolling pin.

SPAGHETTI-AND-TOMATO RECIPE OF AN OLD ROMAN COOK: Boil 1 pound of spaghetti 20 minutes. Drain dry. Toss into a frying pan of hot oil (1 cup) in which has been previously browned 1 chopped onion, or 1 clove of garlic and a few leaves of sweet basil, green or dried.

Turn the spaghetti constantly with two forks, lifting it until the whole is thoroughly saturated with the hot oil, salt and pepper.

Pour over a tomato sauce and serve with grated cheese and a sprinkle of saffron flowers if you like.

—Rosetta E. Clarkson, *Herbs—How to Grow Them and How to Use Them*.

NOTE: A small booklet of herb cookie recipes has recently been published by the Cottage Herb Garden. Copies are now available for 25c.